

Fitness levels studied

The results of a recently released Canadian Fitness Survey that consisted of 700,000 people are being used to study fitness levels in Canada and to help people to improve their fitness levels.

It is the exception of people aged 15 and over. Canadians of that age group are the only ones who are not in the top 10 per cent of the fitness levels in Canada.

Overall the survey showed that Canadians are not very fit. Only 10 per cent of the population is in the top 10 per cent of the fitness levels in Canada. This is a very low percentage.

One half of the Canadian population aged 15 and over are physically active at least three times a week for at least 30 minutes of the week. This is a very low percentage. The survey also showed that Canadians are not very fit. Only 10 per cent of the population is in the top 10 per cent of the fitness levels in Canada. This is a very low percentage.

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Remembering the brave

Emotional Air Force and Air Force Day will be held on Nov. 21 and 22, 1983, at the Conestoga College, Kitchener, Ontario.

Budget approved for DSA

by Jack Jackson

After a lengthy wait the District Student Association has received their budget for the 1983-84 school year. The budget, which is usually prepared a year in advance, was approved by the DSA on Nov. 15.

The budget is a very important document for the DSA.

college administration has approved.

After the business meeting was held in the evening the DSA decided to have their annual meeting with the DSA and the president to receive a report on the year.

The budget was approved by the DSA on Nov. 15.

The budget is a very important document for the DSA.

There have been some changes in the budget for the 1983-84 school year. The DSA has decided to have their annual meeting with the DSA and the president to receive a report on the year.

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See p. 4

Graduate receiving Com Dev

The first Com Dev award was presented to a graduate of the Conestoga College, Kitchener, Ontario, on Nov. 15, 1983.

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See p. 4

Towed or not it's mobile

The grading and the mobile itself are the main features of the mobile. The mobile is a very important part of the mobile.

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Inside

Remember

Old Spoke Company has just received a new shipment of old Spoke Company products. The products are available for purchase at a special price.

Cuts

Cuts in the budget have been made in the Conestoga College, Kitchener, Ontario, on Nov. 15, 1983.



The person in the photo is a graduate of the Conestoga College, Kitchener, Ontario, on Nov. 15, 1983.

Admits

The person in the photo is a graduate of the Conestoga College, Kitchener, Ontario, on Nov. 15, 1983.

Exhibits

The person in the photo is a graduate of the Conestoga College, Kitchener, Ontario, on Nov. 15, 1983.

Executive elected

Students at the Waterloo campus of Central Alberta College have taken their own student association to represent their interests.

Lesley Scott, a Biology honours and leveraged student, won student council, a position where each class elected a representative. The representatives met together to discuss and elect a new officer for the college. There have been no class elections.

Members of the new council are: Lesley Scott, president; Bob Parker, vice-president; and Mike Vign, treasurer. Parker, a management student, says Scott's election was easy and a headstrong for my student. Mike Parker, secretary, and a headstrong typing student, says Scott's election was easy and a headstrong for my student. Mike Parker, secretary, and a headstrong typing student, says Scott's election was easy and a headstrong for my student.

The first order of business for the new council is the re-writing of the college constitution and bylaws. The old constitution, which is nearly 100 years old, is being re-written to suit the needs of the college. The new constitution will be written by the council, and the college will be responsible for its implementation.

The Waterloo campus has about 100 students enrolled in full-time programs. The college is a small, private institution, and the students are very close-knit. The college is known for its high quality of education and its commitment to its students.

students and it is an exciting time for the new council. They will be responsible for the college's future and they will be working to make it a better place for all students.

This new council will still be responsible for the college's future and they will be working to make it a better place for all students. They will be responsible for the college's future and they will be working to make it a better place for all students.

The council will be holding a meeting with students in March for the election for the 1984-1985 school year.

Services in Kitchener

A small group of students at the University of Waterloo are working to improve the lives of the community. They are working to improve the lives of the community and they are working to make it a better place for all students.

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TAKE ACTION ON OVER-DRINKING.

"After the taste of a cocktail on a hot day, that's exactly what I think you need to get the party together with a couple of shots of beer and... in addition, the (big) people have a lot of interest!"

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your choice

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There is a lot of interest in the...



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For a week-end or a day or two, take a VIA train trip to any of the major cities in Canada and you'll find it's all about the fun. The VIA train trip is a great way to see the country and enjoy the scenery. It's a great way to see the country and enjoy the scenery.

Whether you're going for a weekend or a day or two, take a VIA train trip to any of the major cities in Canada and you'll find it's all about the fun. The VIA train trip is a great way to see the country and enjoy the scenery.

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March Break '84



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\$100 deposit due by Nov. 23/83
in Activities office



Fertile high school students attend a workshop at Concordia. The girls learn more about engineering and technology.

High school girls go into shops

The Wednesday Nov. 9 there was a CONCORDIA workshop for female high school students to get an understanding of the engineering and technology areas.

The 40 to 50 girls were from Southwest Secondary School, Fraser Heights Collegiate and Ochi Collegiate Institute.

After introductions a film entitled "I Want to be an Engineer" was seen, followed by a panel presentation by women who are currently em-

ployed in different aspects of engineering. A tour of the various mechanical and electrical shop areas, wood-working, mechanical and sheet metal of the engineering shops.

Weekly lectures from Trent Lynn Foster, from career services, Helen Wright, Information Services and Joan Magness Counseling were the leaders.

Collette (Cathy) a grade 12 high school student who

said if she would like to go into engineering she said, "I hope so, probably the mechanical."

Frances Charal grade 11 from Fraser Heights said she likes "just to find out what the program is like, to see what it offers."

The girls helped in their own way. They have already employed 10 different pieces of engineering or technology.

The program is to encourage girls to take the shop courses.

THE SPORTS QUIZ

1 THE 'BLITZ' REFERS TO

- ☐ an all-out rush on the quarterback
☐ something you do the night before an exam
☐ something you order at the deli

2 THE LINEBACKERS ARE

- ☐ the football players positioned behind the defensive line
☐ the guys who substantiate your story to your girlfriend
☐ the people waiting to get into a "Star Wars" sequel

3 THE YANKEES ARE

- ☐ a team in the American League
☐ a tug-of-war team
☐ little tiny yellow handkerchiefs

CUSO visits Doon

Approximately 15 students attended a meeting with CUSO representatives on Thursday Nov. 3 for information on use of voluntary employment.

CUSO, an "at" by an international organization of young volunteers is based in North America. The organization is open to anyone who wants to spend time with people who have similar interests. The focus is on the volunteer and the people in the local area.

Mark Pegg, International Coordinator, South America and South Asia of the University of Waterloo sponsored the meeting for the students.

CUSO has an office at the U of W for handling any inquiries about CUSO's.

Pegg said that with CUSO you can go to Doon in Ontario. He heard about CUSO from a teacher. He really has the desire to travel overseas and to a better culture. His service and work was accepted.

"I wanted to travel and

Mark said he had applied about the CUSO rate "in eight months in January. The lengthy waiting period gives the applicant time to think whether this is what he wants to do or not."

The program can be used in 10 years with support and being a key factor for an experience.

First there is an application form and a photo. The application form is sent to the CUSO office in Ottawa. It is then sent to the CUSO office in the country where you are going. There are about 100 countries where you can go. The program is open to all people.

The program can be used in 10 years with support and being a key factor for an experience.

CUSO has a benefit of working to learn. It is a way to get together with friends, learn new cultures and gain experience.

Santa Claus came to town

A big celebration in Doon was a big celebration in Doon. There were many great performances. The program was a big success. The program was a big success.

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There were also many other performances. The program was a big success. The program was a big success.

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Manager hired for El Condor Pubs

Steve D'Agostino has been hired as the new pub manager at the El Condor Pub in Doon. He will be responsible for the pub's operations and for the staff.

The pub is a popular place for people to go. It has a great atmosphere and a great staff.

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Sports

Icehockey Sweatshorts Sweat

Hockey team splits two

The hockey Canucks won their 1-0 record when they beat their first opponent on Wed. Nov. 11. The Canucks lost a home game in the Marquette Hockey on Nov. 11. They travelled to Oshawa to defeat the Marquette.

The Canucks played last night's game jumping to a 1-0 lead after only six minutes of play. The goal is coming from Brian Conway and Rick Brown. Conway and Brown together in one play and set the Canucks on their feet and set up a 1-0 lead at the end of the period.

The Canucks added three more goals in each of the remaining periods to complete their romp. The final being 4-0.

The Canucks got back on track this night's game in 19.

where the last night's game was played. The Canucks played 30 minutes of overtime hockey and eventually won the game by a 1-0 margin.

The Canucks got the victory of the first period when Brian Brown made a goal just as the game was over and scored on the Marquette.

Conway and Brown scored in the second. By Rick Brown and Brian Conway. Conway scored their goal just early in the third period when the Canucks played the victory for setting their only three goals of the game. Brown's goal was the only goal of the game. Conway scored the goal in the third period when the Canucks scored the goal in the third period.

The Canucks scored in the third period when the Canucks scored the goal in the third period.

Hockey player chosen no. 1

Hockey player Brian Conway has been selected as the best player in the world for the week of Nov. 11.

On Nov. 11, Conway was chosen as the best player in the world for the week of Nov. 11. Conway was chosen as the best player in the world for the week of Nov. 11. Conway was chosen as the best player in the world for the week of Nov. 11.

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Women's volleyball

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The Canucks were chosen as the best team in the world for the week of Nov. 11. The Canucks were chosen as the best team in the world for the week of Nov. 11. The Canucks were chosen as the best team in the world for the week of Nov. 11.



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B-ball team loses four straight

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Intramural team of the week

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Mugs
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Boxes
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Folders
Calendars
Diaries
Planners
Books
Pamphlets
Flyers
Posters
Signs
Banners
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Mugs
Stickers
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Business Cards
Stationery
Letterhead
Brochures
Menus
Forms
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Diaries
Planners
Books
Pamphlets
Flyers
Posters
Signs
Banners
Flags
T-Shirts
Mugs
Stickers
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Bags
Covers
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Business Cards
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Letterhead
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175 Services include

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Last Pub of '83 with the SPOONS Dec. 1 in the cafeteria

Tickets go on sale Mon. Nov. 28
Last 2/person

\$5.00 with Dore Student ID card \$8.00 without

BOB COTIE JUST WANTED YOU TO KNOW

that I really enjoyed my years at the audio-visual department at Conestoga College getting to know and work with many of you. I have made a change now to real estate in the B-W and surrounding area and would be glad for an opportunity to assist you with your real estate needs. I look forward to seeing old friends and making new ones.

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AT THE JACK DANIEL DISTILLERY we have everything we need to make our whiskey uncommonly smooth.



We have daily deliveries of the very finest grain American farmers can grow. A stream of pure water (ice water before for whiskey making) flowing close by our doors. And a unique way of smoothing out whiskey by filtering it for days through an live of finely packed charcoal. Thanks to all these things—and some others too—we produce a pleasurable moment when you discover the smooth, supple character of Jack Daniel's Tennessee Whiskey.



KPL shows ROM series

A series of exhibits opened to the Royal Ontario Museum on Tuesday evening in the Ontario Public Library at Queen St. W. The three-part series called "Dinosauria 1988" will be at the Museum until Dec. 31.

The third in the series in the case of Jonathan Kaye. This site series display site of which contains exhibits from fossils and connecting the dinosaur past and present.

The third night of the series is popular and crowded on nights, was separated into two displays. The first display highlights the bones and fossils.

From the site of Dinosaur and the museum of Dinosaur, the series is a child of the series as an exhibit can be compared to the first exhibit, which is the first of the series. The series is a child of the series.

The second display of the series highlights the bones and fossils. The series is a child of the series. The series is a child of the series.

The third display of the series highlights the bones and fossils. The series is a child of the series.

The fourth display of the series highlights the bones and fossils. The series is a child of the series.

The fifth display of the series highlights the bones and fossils. The series is a child of the series.

The sixth display of the series highlights the bones and fossils. The series is a child of the series.

The seventh display of the series highlights the bones and fossils. The series is a child of the series.

The eighth display of the series highlights the bones and fossils. The series is a child of the series.

The ninth display of the series highlights the bones and fossils. The series is a child of the series.

The tenth display of the series highlights the bones and fossils. The series is a child of the series.

DIXIE LILLY

Country music

Live radio broadcast
every Wednesday
Free admission

with valid student card on Wednesdays

Lantern Hill Plaza
Westmont at Oakes

Winners

of Home the Gordon Contest
female name - Cleo, from Glenn Schaefer
male name - Clifford, from Shawn O'Malley
Special Thanks To
all who participated SPOKE B.S.A. and
the cafeteria staff

Conestoga College Christmas Party

Thurs. Dec. 8th

8 pm - 1 am

Ballroom-Waterloo Water Inn
Motel by C.H. 1st
Hot & cold buffet (included)

Happy Hour prices (\$1.85)

pb 55 tickets
available Waterloo Campus

Door Prizes

The
OUT
OF THE
WAY
Players

in the
Conestoga
College
Student lounge

The
"Tuesday
Nooner"
November 22.